



Prosciutto, Fontina, and Fig Panini

READY IN



10 min.

SERVINGS



4

CALORIES



304 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup baby arugula leaves
- ☐ 0.9 ounce top italian chicago-style
- ☐ 0.3 cup fig preserves
- ☐ 4 ounces fontina shredded
- ☐ 4 ounces pancetta very thinly sliced

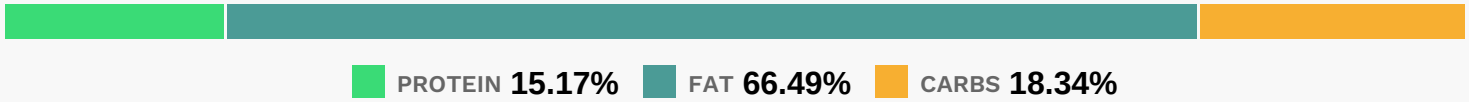
Equipment

- ☐ panini press

Directions

- ☐ Preheat panini grill.
- ☐ Top each of 4 bread slices evenly with prosciutto, fontina cheese, and arugula.
- ☐ Spread 1 tablespoon fig preserves evenly over 1 side of each of remaining 4 bread slices; top sandwiches with remaining bread slices. Coat outsides of sandwiches with cooking spray.
- ☐ Place sandwiches on panini grill; cook 3 to 4 minutes or until golden and cheese is melted.
- ☐ Cut panini in half before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:5.36, Inflammation Score:-2, Nutrition Score:5.3291304629782%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 303.64kcal (15.18%), Fat: 22.35g (34.38%), Saturated Fat: 10.44g (65.25%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 13.45g (4.89%), Sugar: 9.25g (10.28%), Cholesterol: 51.6mg (17.2%), Sodium: 443.29mg (19.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.47g (22.94%), Calcium: 164.14mg (16.41%), Phosphorus: 145.23mg (14.52%), Selenium: 10.1µg (14.42%), Vitamin B12: 0.62µg (10.3%), Zinc: 1.36mg (9.06%), Vitamin B3: 1.48mg (7.41%), Vitamin A: 328.65IU (6.57%), Vitamin B1: 0.1mg (6.43%), Vitamin B2: 0.1mg (5.84%), Vitamin B6: 0.1mg (5.18%), Vitamin K: 3.46µg (3.3%), Potassium: 108.12mg (3.09%), Vitamin B5: 0.29mg (2.93%), Magnesium: 10.19mg (2.55%), Folate: 9.68µg (2.42%), Iron: 0.42mg (2.34%), Vitamin C: 1.61mg (1.95%), Vitamin D: 0.28µg (1.89%), Copper: 0.03mg (1.74%), Fiber: 0.42g (1.67%), Vitamin E: 0.23mg (1.51%), Manganese: 0.02mg (1.04%)